

## **SENIOR INFORMATION & ASSISTANCE**

**1-800-510-2020 (If calling within Contra Costa)**

**925-229-8434 (If calling from outside Contra Costa or using a cell phone)**

**A PROGRAM OF THE CONTRA COSTA COUNTY EMPLOYMENT AND HUMAN SERVICES DEPARTMENT**

## **ALZHEIMER'S/DEMENTIA RESOURCES FOR FAMILIES**

There are many community services and resources to help families caring for persons with Alzheimer's disease. To help families find the services they need, Senior Information and Assistance has prepared this fact sheet in consultation with Mt. Diablo Adult Day Health Care Center and John Muir Senior Services.

### **DIAGNOSIS**

It is important to get a proper diagnosis and help to assess the level of functioning of the patient and rule out other causes of memory and cognitive impairment. Listed below are two local programs that diagnose Alzheimer's disease and other dementias. Private physicians and psychologists as well as health insurance plan may also provide these services.

**U.C. Davis-Alzheimer's Disease Center**  
150 Muir Road  
Martinez  
(925) 372-2485

**Veteran's Affairs Outpatient Clinic**  
(For eligible veterans only)  
150 Muir Rd, Martinez  
(925) 372-2179

### **ASSESSMENT & CARE MANAGEMENT**

There are agencies that provide in-home assessments to determine a person's functioning level and recommend needed services and resources to the family. Private care managers charge a fee for this service. Some non-profit agencies can provide assessment for reduced or no charge. Call Senior Information for a listing of care manager referrals. 1-800-510-2020

### **ORGANIZATIONS AND AGENCIES**

**The Alzheimer's Association** provides information about Alzheimer's disease and other dementias, organizes family support groups, sponsors educational forums, supports research, and offers informational pamphlets. 1-800-660-1993. [www.alz.org/norcal/](http://www.alz.org/norcal/)

**Safe Return** is a national program created by the Alzheimer's Association to identify wanderers and help them return home. 888-572-7633. [www.alz.org/safereturn](http://www.alz.org/safereturn)

**The Family Caregiver Alliance** offers information and assistance regarding brain impairments, family consultations, and legal and financial considerations. Help with respite care depending on waiting list and available funds. 1-800-445-8106 [www.caregiver.org/](http://www.caregiver.org/)

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### **CAREGIVER SUPPORT GROUPS**

Support groups provide an opportunity to talk with people who understand your situation. There is no cost for the groups listed below.

#### **Antioch**

Antioch Senior Center,  
415 W 2<sup>nd</sup> St.  
925-779-2823  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday,  
1:30-3:00 pm

#### **Orinda**

Lamorinda Adult Respite Center  
433 Moraga Way,  
925-254-3465  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday  
11:00-12:30 pm

#### **Pleasant Hill**

Mt. Diablo Adult Day Health  
490 Golf Club Road,  
925-682-6330  
3<sup>rd</sup> Wednesday  
7:00-8:30 pm

#### **Richmond**

West County Adult Day Care  
1015 Nevin Ave., Ste 108,  
510-235-6277  
Last Wednesday  
2:00-4:00 pm

#### **San Ramon**

San Ramon Senior Center  
9300 Alcosta Blvd.  
925-382-1152  
2nd Monday of the month,  
7-9 p.m.

#### **Walnut Creek**

Jewish Community Center  
2017 Tice Valley Blvd,  
925-938-7800  
Tuesday and Wednesday  
10:30-noon

Rossmoor Gateway Complex  
1001 Golden Rain Road  
925-988-7750  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday  
1:00-2:30 pm

### **SUPPORT GROUPS FOR EARLY STAGE ALZHEIMER'S PATIENTS**

#### **The DRC Club for Women**

Grace Presbyterian Church  
2100 Tice Valley Blvd., Walnut Creek  
(925) 210-6196  
Tues, Wed & Thurs. 10:30 am-2:30 pm

#### **The Company for Men**

Grace Presbyterian Church  
2100 Tice Valley Blvd., Walnut Creek  
(925) 210-6196  
Wed & Thurs., 10:30 am-2:30 pm

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### **ALZHEIMER'S / DEMENTIA DAY PROGRAMS & RESPITE SERVICES**

Adult day programs are similar to senior activity centers but they also provide extra attention and personal assistance for people with cognitive impairments. Activities are offered in a supervised, secure setting. "Respite" means the caregiver gets the time off or a break from care giving chores. Program costs vary and are not covered by Medicare or Medi-Cal.

#### **CONCORD**

##### **Alzheimer's Respite Program**

##### **Queen of All Saints**

2359 Mt. Diablo Blvd.

(925) 671-2479

Thurs. 12:00-3:00pm

Donation accepted, bring bag lunch

#### **DANVILLE**

##### **Valley Oak Respite Program**

Danville Congregational Church

989 San Ramon Valley Blvd.

(925) 945-8040

M, W, F 10:30 am – 2:30 pm

Bring bag lunch

#### **EL CERRITO**

##### **Open House Senior Respite Program**

6500 Stockton Ave.

(510) 559-7677

Tue. 10:00 am – 3:00 pm

#### **LAFAYETTE**

##### **LOPC Senior Program**

Lafayette Orinda Presbyterian Church

49 Knox Drive

(925) 283-8722

Thurs. 11:00 am – 1:30 pm

No fee, bring a sandwich, we provide a salad and a drink

#### **MARTINEZ**

##### **Alzheimer's Respite Program**

1111 Ferry St.

(925) 370-8772

Weds. 10:00 am – 4:00 pm

Lunch included

#### **ORINDA**

##### **Lamorinda Adult Respite Center**

Holy Shepherd Lutheran Church

433 Moraga Way

(925) 254-3465 or 254-3422

M-F 11:00 am – 3:00 pm

Bring a bag lunch

#### **PINOLE**

##### **Pinole Senior Village Adult Day Care**

2850 Estates Ave.

(510) 660-3195

M-F 8:00 am – 4:00 pm

#### **PLEASANT HILL**

##### **Mt. Diablo Center for Adult Day Care**

490 Golf Club Road

(925) 682-6330

M-F 9:30 am – 3:00 pm

Lunch included.

#### **RICHMOND**

##### **West County Adult Day and Alzheimer's Respite Care Center**

1015 Nevin Ave #108

(510) 235-6276

M-F 8:00 am – 6:00 pm:

Sat. 9:30 am – 4:00 pm.

#### **WALNUT CREEK**

##### **Millman Respite Center**

Jewish Community Center

2071 Tice Valley Blvd.

(925) 938-7800 X 288

Mon-Fri. 10:30 am – 2:30 pm

M & Th: lunch included

T, W, & F: Bring a bag lunch

Non-denominational program

(OVER)

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### **ADULT DAY HEALTH CARE CENTERS**

Adult Day Health Care centers provide activity programs, as well as, nursing and health related services, such as occupational, physical and speech therapies. Staff provides personal care assistance as needed. **Services are covered by Medi-Cal but not Medicare.**

#### **Antioch**

The Bedford Center  
Adult Day Health Care Program  
1811 C Street,  
(925) 778-4171  
M – F, 10 am – 3 pm

#### **Pleasant Hill**

Mt. Diablo Center for Adult Day  
Health Care  
490 Golf Club Road,  
(925) 682-6330  
M-F, 9:30 am – 3 pm

#### **El Sobrante**

Guardian Adult Day Health  
Care Center  
3905 San Pablo Dam Rd,  
(510) 669-1005  
M-F, 9 am- 3 pm  
Financial aid available  
Transportation included

### **HELP IN THE HOME**

Home-helpers can be hired for a few hours a week or as full-time live-ins. Call Senior Information and Assistance at 1-800-510-2020 for a copy of **“Guide To Hiring In-Home Help”** and a listing of private for-profit home care agencies

#### **Senior Outreach Services**

**Home Chore Registry (non profit)**  
Referral service for people who need home care workers. Workers are screened, trained and monitored.  
Reasonable fees. (925) 937-8311

#### **In-Home Supportive Services (IHSS)- Government Medicaid Program**

Person who qualify financially because of limited assets and income may be eligible for in-home help. To apply, call 1-800-510-2020  
To hire an IHSS care worker call the IHSS Registry 800-333-1081.

### **RESIDENTIAL CARE**

There are many residential care facilities in the Bay Area that serve persons with Alzheimer's, as well as, a number placement agencies that assist caregivers in selecting these facilities. These facilities can take Alzheimer's patients for long-term placements, however, a short-term stay is also possible and can provide a “vacation” for caregivers and patients.. For a list of these facilities and agencies please call 1-800-510- 2020.